

BHARATI VIDYAPEETH  
(DEEMED TO BE UNIVERSITY), PUNE, INDIA  
PhD Entrance Test – 2026  
**SECTION-II: Physical Education Syllabus - 35 Marks**

**Unit 1: Introduction to Physical Education**

- 1.1 Concept of Physical Education. Physical Education as a Discipline and profession.
- 1.2 Concept of movement Education.
- 1.3 The nature of movement Education
- 1.4 Significance of human movement.
- 1.5 Historical determinants of Physical Education.
- 1.6 Scope of Physical Education. Aim and objectives of Physical Education.

**Unit 2 : Psychology of Sports**

- 2.1 Meaning, Definition, Importance and Scope of Educational Psychology
- 2.2 Meaning, Nature and Theories of Learning and their implication in teaching Learning Process
- 2.3 Meaning, Types and Theories of Motivation
- 2.4 Meaning, Definition, Role and Theories of Personality.
- 2.5 Group Dynamic, Team Cohesion and Leadership
- 2.6 Psychological consideration and Sports Performances (Stress, Anxiety, and Aggression)

**Unit 3 Anatomy Physiology & Biomechanics**

- 3.1 Define Anatomy and Exercise Physiology and various system of human body.
- 3.2. Concepts of Neuromuscular system, Effects of exercise and training on the above. Concept of Fatigue and staleness.
- 3.3 Use and abuse of Drugs Environment and Exercise
- 3.4 Fundamental concepts of plane and axes and their relationship Angular Kinetics of Human Movement: (Meaning and Explanation)
- 3.5 Factors affecting human's performance (Water Resistance, Air Resistance and Spin)
- 3.6 Mechanical Analysis of Fundamental Motor Skills

**Unit 4 : Sports Training**

- 4.1 Meaning, Aim and Tasks of Sports Training.
- 4.2 Characteristic and Principles of Sports Training.
- 4.3 Concepts of Load, Adaptation and recovery.
- 4.4 Training means and methods. Importance of Strength, Endurance. Speed, Flexibility and their forms.
- 4.5 Methods of development of the above qualities.
- 4.6 Brief concepts of Talent identification, planning and coordinative abilities.

## **Unit 5 : Evaluation Techniques in Physical Education**

- 5.1 Meaning, Definition, Principles and Importance of Measurement and Evaluation.
- 5.2 Criteria of test selection. Factors Affecting and Procedure to Establish Scientific Authenticity.
- 5.3 Steps for construction of knowledge test, skill test and specific fitness test. Assessment of Physical Fitness, Motor Fitness, Motor Ability, Motor Educability and Health Related Fitness.
- 5.4 Skill Test (Badminton, Basketball, Hockey, Soccer, Tennis and Volleyball)
- 5.5 Factors Associated and their items, Rating Scale and Interpretation Criteria of testing of psychological variables (Competition anxiety, Aggression, Group cohesion, Motivation and Self-concept)
- 5.6 Basic concept of Anthropometric Measurements and Body Composition.